

## Claims

- [1] A multi-functional board comprising:  
front and rear plates enabling a user to put his/her foot thereon and separately disposed from each other; and  
at least a resilient member connecting said front and said rear plates to each other and capable of being bent or twisted,  
wherein said resilient member includes a plurality of leaf springs, which are equidistantly disposed in a widthwise direction of said front and said rear plates.
- [2] The multi-functional board as claimed in Claim 1,  
wherein said plurality of the leaf springs are formed with extension holes at both ends so as to enable said plurality of leaf springs to be moved forward and backward in a lengthwise direction;  
wherein the multi-functional board further comprising:  
connecting bars extended in an intersecting direction with respect to said plurality of the leaf springs;  
fixing brackets for securing said connecting bars to said front and said rear plates, respectively; and  
springs for preventing said plurality of the leaf springs from being freely moved, one end of each of which is secured to respective ends of said plurality of the leaf spring and the other end of each of which is secured to either said front or said rear plate.
- [3] The multi-functional board as claimed in Claim 1,  
further comprising directional casters for making said front and said rear plates advanced, which are mounted on bottom surfaces of said front and said rear plates, respectively.
- [4] The multi-functional board as claimed in Claim 2,  
further comprising directional casters for making said front and said rear plates advanced, which are mounted on bottom surfaces of said front and said rear plates, respectively.
- [5] The multi-functional board as claimed in Claim 1,  
further comprising boot clamps, which are attached on upper surfaces of said front and said rear plates, respectively.
- [6] The multi-functional board as claimed in Claim 2,  
further comprising boot clamps, which are attached on upper surfaces of said front and said rear plates, respectively.
- [7] The multi-functional board as claimed in Claim 4,  
wherein outer ends of said front and said rear plates are smoothly inclined in an

upward direction, respectively.

- [8] A multi-functional board comprising:  
front and rear plates enabling a user to put his/her foot thereon and separately  
disposed from each other; and  
at least a resilient member connecting said front and said rear plates to each other  
and capable of being bent or twisted,  
wherein said resilient member includes synthetic resin material.